



3. Hennesee Panoramalauf Meschede - Hennesee / 19.04.2015

Detailed evaluation

Edelbroich, Matthias

Club: Tritus SV Neptun Neheim Hüsten
Number: 545

Course: 10.00 km
Uferweglauf lang

Category:
Senioren M35 (35-39 Jahre)

Total time: 41:55

Speed: 14.31 km/h
Running performance: 4:11 min/km

Rank in course/Total: 10 (of 64)

Rank in course/Men: 9 (of 44)

Best time in course: 35:40

Rank in category: 3(of 5)

Best time in the category: 35:40

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	5.00	20:54	4:10	3	3:21	10	3:21	5.00	20:54	4:10	3	3:21	10	3:21
Last lap Ziel Hen	5.00	21:01	4:12	3	2:54	9	15:44	10.00	41:55	4:11	3	6:15	9	6:15